

What is claimed is:

1. A nut spread comprising:
 - a) nuts, and
 - b) added vegetable oil,
 - c) said nut spread having 3.5 grams or fewer of total adjusted carbohydrate per 2 tablespoon serving.
2. The nut spread according to claim 1 having 3 grams or fewer of adjusted carbohydrate per serving.
3. The nut spread according to claim 1 having 2.5 grams or fewer of adjusted carbohydrate per serving.
4. The nut spread according to claim 1 wherein said nuts comprise peanuts.
5. The nut spread according to claim 1 wherein said vegetable oil comprises peanut oil.
6. The nut spread according to claim 1 comprising up to 80% nuts.
7. The nut spread according to claim 6 comprising from 40 to 70% nuts.
8. The nut spread according to claim 7 comprising from 50 to 65% nuts.

9. The nut spread according to claim 1 comprising from 10-40% of said added vegetable oil.
10. The nut spread according to claim 9 comprising from 15 to 35% of said added vegetable oil.
11. The nut spread according to claim 1 further comprising from 2-15% added non-peanut protein.
12. The nut spread according to claim 11 further comprising from 3-8% added non-peanut protein.
13. The nut spread according to claim 11 wherein said added protein is soy protein.
14. The nut spread according to claim 1 further comprising a high intensity sweetener.
15. The nut spread according to claim 14 wherein said high intensity sweetener is present at a level of from 0.005 to 1 wt%.
16. The nut spread according to claim 1 wherein said spread has a total of 40% or greater fat.
17. The nut spread according to claim 16 wherein said spread includes a total of 45% or greater fat.
18. The nut spread according to claim 18 wherein said spread includes a total of 50% or greater fat.

19. A nut spread comprising:

a) nuts, and

b) added vegetable oil,

c) a sweetener selected from the group consisting of sugar alcohols and high intensity sweeteners,

c) said nut spread having 3 grams or fewer of total adjusted carbohydrate per 2 tablespoon serving.

20. A nut spread comprising:

a) nuts, and

b) added vegetable oil,

c) a high intensity sweetener,

d) said nut spread having 3.5 grams or fewer of total adjusted carbohydrate per 2 tablespoon serving.

21. The nut spread according to claim 20 wherein said nut spread has 3.5 grams or fewer of total adjusted carbohydrate per 2 tablespoon serving.

22. The nut spread according to claim 21 wherein said nut spread has 3 grams or fewer of total adjusted carbohydrate per 2 tablespoon serving.

23. A nut spread comprising:

a) nuts, and

b) added vegetable oil,

c) any added sweetener other than sugar alcohol and fibers not exceeding 6 wt%,

d) said nut spread having 3.5 grams or fewer of total adjusted carbohydrate per 2 tablespoon serving.

24. The nut spread according to claim 23 wherein total added sweeteners other than sugar alcohol and fibers are present at 0.5 to 3%.